

Phryme

MAGAZINE

DO YOU HAVE THE BALLS?

A START-UP BY MALLORY WEVER AND 7 INTERNATIONAL FRIENDS.

+

THE #BLACKLIVESMATTER

PROTESTS IN THE NETHERLANDS

SUMMER 2020 IS HERE AND TRAVELING IS NOT CANCELED!

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The power of the people.

A HIPPIE IN NEW ZEALAND.

NIGEL 'NIGEY' MADURO

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MAGAZINE

“Exclusively on expatriate students.”



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The power of the people.

A HIPPIE IN NEW ZEALAND.

NIGEL 'NIGEY' MADURO

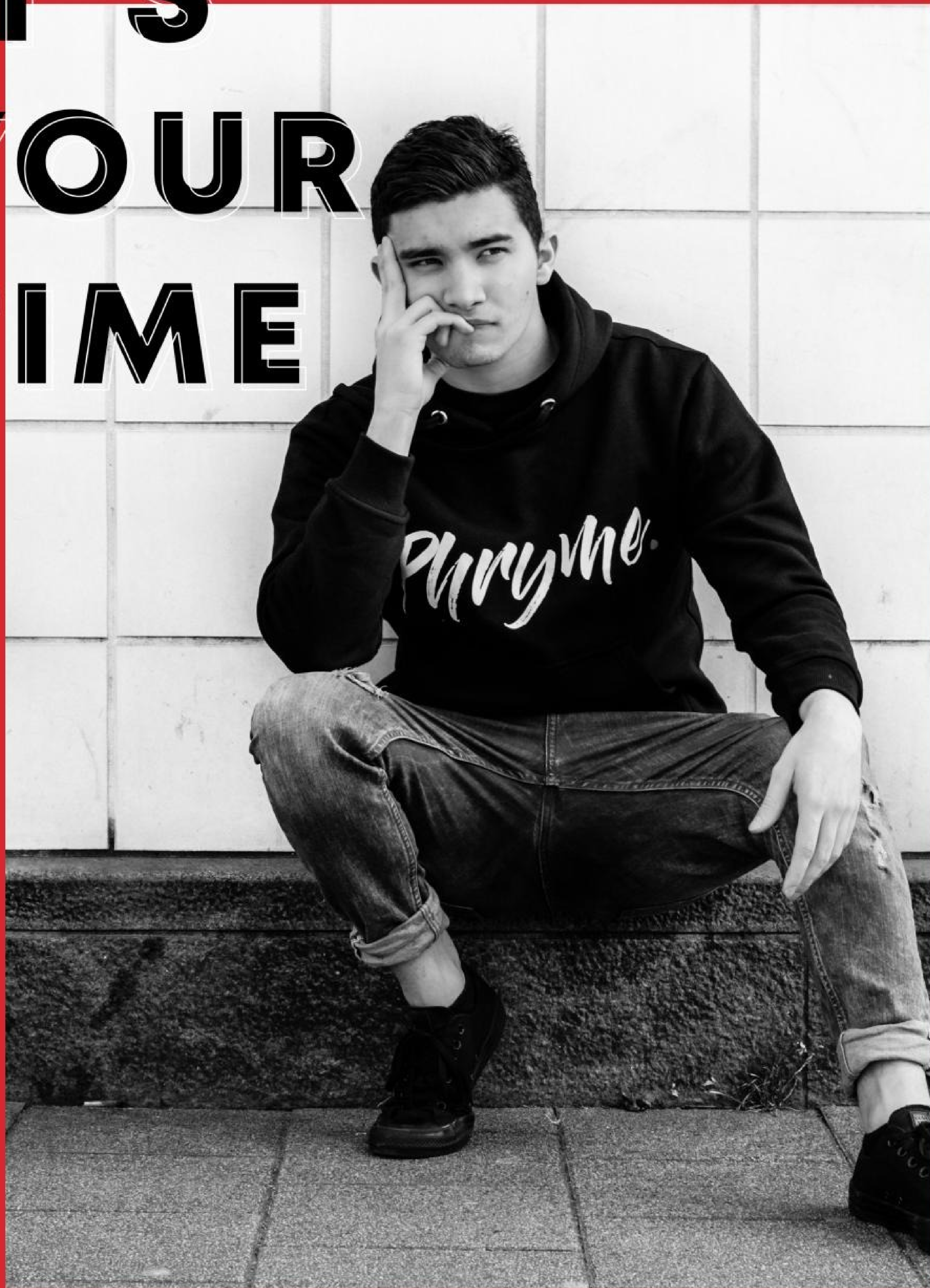
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Traveling to.....
ANTWERP
THE STUDENT CITY





When you arrive at the Astridplein, the first thing you will see is the grand central train station, which is regarded to be one of the most beautiful stations in the world. Antwerp is not only the Diamond capital, but is known to have 25 legends and is also a student city.

Antwerp is home to over 7 large universities. However, the top 3 all offer exchange programs and are partnered with Gate15; a student organization that assists students with their needs, such as renting a space to study or helping them register as a resident:

1. The University of Antwerp (UA)

The third largest university of the Flanders region. The school contains about 11 different faculties and campuses that stretch outside of the city. They also offer limited dormitories.

2. Artesis Plantijn Hogeschool Antwerpen (AP)

Contains 14 different faculties and their campuses scatter across the Northern part of Belgium; from the city of Antwerp to Mechelen, Lier and Turnhout.

3. Karel de Grote Hogeschool (KdG)

With 9 faculties across of Antwerp, the college also has branches in the Netherlands and has over 12,000 students.

What to do in the city?

If you're not a fan of walking, fortunately, the city has easy access to transportation; the bus, tram or taking the metro. There are also Bird scooters and the Velo Bikes, easy to locate with their app. With these types of transportation, you can visit the following cool places in Antwerpen:

- **MUSEUM AAN DE STROOM (MAS)**

The MAS is the largest museum in Antwerp. On the outer walls, tiny hands are placed at the center of each tile. The first floor and the roof of the museum are free to the public. Additionally, when looking down from the roof, you're able to see the giant mosaic from Luc Tuymans called Dead Skull.

- **CHOCOLATE NATION**

In this particular museum, you will have an audio walk-through and a live presentation experience of how the famous Belgian chocolates are made. Moreover, you have the possibility of tasting and learning fun facts about different chocolates.

- **DIVA MUSEUM**

Approximately 90% of all diamonds around the world pass through Antwerp. In this museum, you will see the process of how rough diamonds are made with today's technology and will make you understand how and why Antwerp became the Diamond Capital.

- **NOORDERPERSHUIS**

This is not only a local brewery, but also a factory and a bar. Not just any other bar, the brewery has giant containers that are in sight the moment you open the door. The scenery of both the factory and bar makes this location an atmospheric place to hang after a long day.

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Writer: Selena Rodrigues
Photography: Solange, Quintin,
Desiree & Cheryline
Location: The Netherlands



#BLACK LIVES MATTER

NETHERLANDS.

Most of us have heard about the Black Lives Matter (BLM) movement around the world. While the movement is not new, this time it reached the Netherlands, where there were protests in different cities such as Amsterdam, The Hague, Rotterdam, Utrecht, Groningen, Eindhoven, Tilburg, Leiden and more.

The protests focused mainly on police brutality against black people, but also against racism in general. People from different ages, races and backgrounds participated in the protests, including students from the ABC-islands.

In this interview Cherylinne, Desiree, Quintin and Solange talk about their experiences at the Black Lives Matter protests, their opinions about the issue and their own experiences with racism and/or microaggressions.

While every one of the interviewed went to the protests for different reasons, they all agreed that the experience at the different protests was positive. One was surprised at how well organized they were, stating, "There were volunteers giving out masks and they had hand sanitizer. They also kept the crowd from getting too close to each other".

What others saw was a lot of solidarity, namely people of different races and ages coming together for the same reason,

"IT WAS INFORMATIVE AND EMOTIONAL, AND I LOVED THE CALL TO ACTION AT THE END".

THEIR EXPERIENCE WITH RACISM

When asked if they have had any issues in the Netherlands with racism and/or microaggressions, each one had their own stories, "When we moved to the Netherlands, we moved to a town called Schonebeek. Not a lot of people of color lived there at the time. It was not a nice time for me as I was bullied a lot. Where I live now (Groningen) is a lot more open-minded and there are a lot of internationals, so it's a completely different experience", Cherylinne recalls.

Desiree talked about a more recurring situation of microaggression, "I often speak English because I'm more comfortable with it. However, people often shame me for not speaking Dutch when they find out that I know the language. I also remember when I was a first-year student there was a girl in my class who would laugh every time I introduced myself. I approached her and asked her what her problem was, and she responded that she thought my name and last name sounded funny."

"There was this girl I was cool with and sat next to. One day she touched my hair without asking for permission and compared it to the sheepskin. I felt so uncomfortable. Like who touches someone without their permission?"

This occurred to Quintin as a first-year student in the Netherlands, however, Quintin recalls experiencing racism and microaggressions even before he moved to the Netherlands, "I noticed my brother was often racially profiled. I also remember being called the N-word at school and a slave when I was 8 or 9 years old. It doesn't happen as much, as some might not perceive me as dark enough. In the Netherlands, I've also experienced a lot of microaggressions like people refusing to sit next to me on the bus or train, and also refusing to mind their own business."

Solange also experienced microaggressions in different contexts, "I've mainly experienced at school and my old job. Whenever I spoke up about anything I was met with comments like 'don't be so aggressive.' Or when there were tests I was asked 'are you sure you understand?' because I was the only immigrant in my class."

"At my old job, people would assume they know who I am based on negative stereotypes of what an Aruban girl would be like."

THEIR PROTEST EXPERIENCE.

All four interviewees experienced being able to protest as a positive experience. Cherylinne said that she felt liberated, while Desiree described feeling empowered. Quintin, on the other hand, felt happy that he was able to do something useful, something that could make a difference, after spending so much time in quarantine doing nothing. To Solange, it meant a lot to be able to protest systematic racism as a queer, black woman. She realized that, given her opportunities, she should never and will never stay silent; she will use her voice,

"Since the protests were kicked off in the U.S., I wanted to do something, because police brutality doesn't only happen in the U.S.; it's a global issue."

When it comes to the people saying that protesters are putting the public health at risk by protesting during a pandemic, Cherylinne says that she understands the sentiment. However, she thinks that if the way the protest is organized is safe, then it shouldn't be a big deal, which was the case with the protest she attended in Groningen. Quintin, Desiree and Solange were more of the opinion that it's hypocritical and a cheap cop-out, as a lot of people weren't complaining when herds of people were hanging at the beach, the park or cafés. They especially don't see why this was such a big issue, seeing as the protests they went to in The Hague and Utrecht took measures to make it safe to protest. Solange added,

"THESE PROTESTS ARE BIGGER THAN YOU AND I AND THEY CANNOT WAIT"

All interviewees brought different things to the protests, including a mask, disinfectant, sunblock and water. In addition, a good mindset is also important when it comes to protesting; Solange says that you should know why you're protesting and you should leave your performative activism at home. Cherylinne thinks you should have an open mindset and be eager to learn, because at a protest you will learn a lot that you didn't previously know.



Desiree agrees with this sentiment, she said that you should be open to the information, stories, and emotions that others bring to the table, *"With an open mind and heart, you can understand the reason people are protesting #blacklivesmatter."*

In terms of material things, Desiree had a sign that read, *"Mitch couldn't breathe either."* Quintin had initially made a sign, but because it had been raining, he left it at home. Instead, he wrote a condensed version of what was on his sign on his mask, *"The protests were a nice step as I finally got the chance to do something about it. We should go to a protest determined to do more"*.

LET YOUR VOICE BE HEARD.

All interviewees talked about additional ways to have your voice be heard. Both Desiree and Cherylinne talked about how it starts with talking about these issues with your immediate environment; it's important to not only hear, but really listen, and not to let feelings of shame and guilt have you dismiss someone else's opinion and experiences.

Solange also added that we should speak up when we see racism, especially as an ally. Sharing information on social media is also an option, as both Cherylinne and Quintin pointed out. By sharing information on social media, you might make the information more visible, but also invite others to talk about the issue. Solange disagrees and is more of the opinion that using social media is not enough, *"Mass-media cannot be relied on as they can be biased and push a biased agenda. Posts can easily get lost in the algorithms of each app or even get reported."*

Desiree added to distancing yourself from family and friends if you try to educate them and they refuse to listen. Quintin talked about signing petitions and donating as possible alternatives, while Desiree reminds us to vote for the people that we want to represent us.

Cherylinne wants to remind us that there were a lot of internationals at the protests, but also that there were a lot of nationals, protesting alongside, that might not get as much recognition. Desiree reminds us that racism is prevalent everywhere, which includes Aruba and the Caribbean. While people might not be outright racist in Aruba, they still use the N-word, which is just as problematic. While people may not have bad intentions when calling their friends the N-word, the N-word is rooted in racism and slavery,

"EVEN IF YOU DON'T WANT TO PROTEST OR DONATE, AT LEAST STOP SAYING THE N-WORD OR OTHER DEGRADING/ DEROGATORY TERMS."

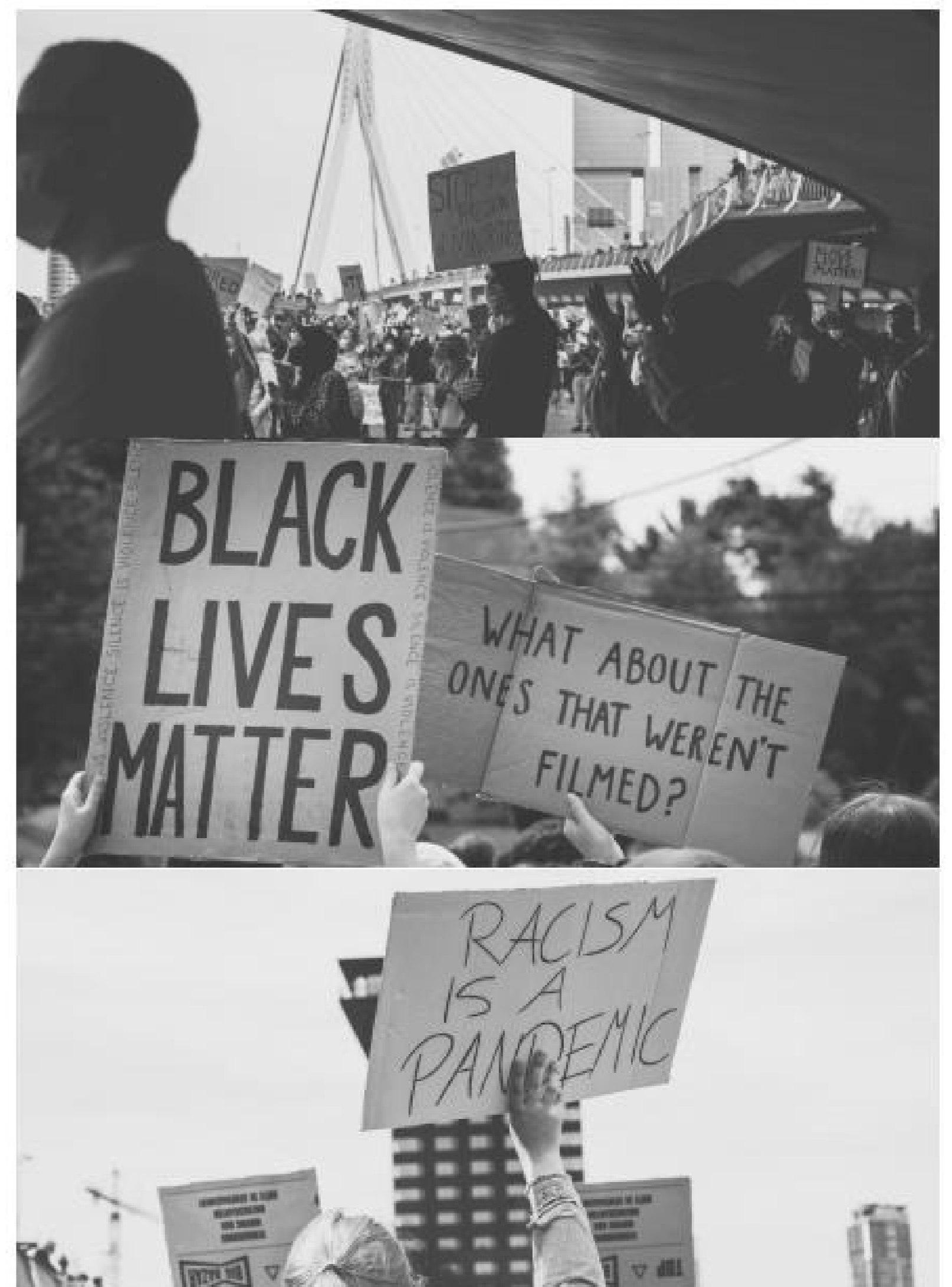
• WHAT WOULD YOU LIKE TO TELL THE AUDIENCE AS A TAKE-HOME MESSAGE?

Cherylinne: *"To the people who are fighting for union and equality, let's keep fighting. To the people who have questions about the topic, ask them. And, to the people sharing information on social media, keep the conversation going."*

Desiree: *"Not knowing where to start is just an excuse - there is so much information. There are ways to educate yourself, look for them. Any platform, even the TV, has information you can find."*

Quintin: *"These problems are a very local problem, so anybody and everybody can do something about them. If there's a protest, find a way to help. Don't say it doesn't happen just because it doesn't happen to you. Listen, take any steps and see where they lead. Don't wait for others to educate you, educate yourself."*

Solange: *"Never be afraid to let your voice be heard. The systematic system can be dismantled if we all pitch in. It will not be done overnight, but through generations. If we teach our kids, and they teach theirs, then we can at some point live in a world where nobody gets oppressed by the system that is supposed to serve and protect them."*



SUMMER 2020 IS HERE, AND TRAVELING IS NOT **CANCELED!**

Who doesn't like a good deal? While most of us travel in summer, this year things are entirely different. Due to COVID-19, many are now reconsidering their summer and winter vacations. This, in many countries and cities has crushed the tourism industry and economy. If you want to travel and have a limited budget, now is your time to shine. The following countries/states are offering specials to those who travel during the pandemic in order to boost tourism and the economy.

FIRST UP, CANCUN.

Cancun is offering a 2 for 1 special on your hotel stay. Meaning that for every two nights paid, you get two nights free. They are also offering the same 2 for 1 deal on rental cars. Another perk is that you can get a 20% off discount at participating theme parks and spas. If you've been considering going to Mexico, this is the time to do it. Just be sure to book before August 15th 2020, to receive these amazing discounts and deals.

NEXT ON THE LIST WE HAVE SICILY.

For those already in Europe, this is your chance to visit the Italian city of Sicily and get a great deal. Like Cancun, they are offering to subsidize accommodation for visitors by offering one out of a three-night trip or two nights for a six-day trip for free. Sicily will also be offering vouchers for cultural and heritage activities as part of this program. While there are reports that they are also offering to pay up to half of the cost of flights, this has not yet been confirmed.

ANOTHER COUNTRY OFFERING INCENTIVES TO TRAVEL IS GREECE.

To entice visitors to book their trip to Greece, the government has lowered transportation taxes and made flights much cheaper.

HAVE YOU EVER WANTED TO VISIT UZBEKISTAN?

Well, if you plan to travel to Uzbekistan this year and you end up getting infected during your stay there, they will pay you \$3000.- (if you booked with a local tour guide). Dare devils, this one is for you.

In short, other cities such as Madeira, Portugal is offering free Coronavirus tests to visitors upon arrival. Cyprus is going the other route and offering to pay all holiday costs of infected tourists.

Wherever you are travelling to this summer, ensure to follow local safety guidelines, maintain social distancing and wash your hands often. Do not forget to have fun and enjoy your trip!

CANCUN



SICILY



ATHENS



UZBEKISTAN

DO YOU HAVE THE BALLS?

A CARD GAME THAT CHALLENGES MEN TO GET IN TOUCH
WITH THEIR FEELINGS AND EMOTIONS.

At just 22 years of age, Mallory Wever Hsing has started her own company – BALLS the game – with a group of international students. She moved to the city of Tilburg in 2016 to study Trend Research Concept Development (creation) Innovation at Fontys Hogeschool. Currently, she is on an exchange program, studying brand management, tourism, eco-tourism and snow business in Norway.

BALLS the game started off as a group project for the course 'International Lifestyle Studies'. Within half a year, they had to research and put together an idea to create something. Back then, they were a group of 11 international students who didn't have a clue of what they were doing or what the result would be. However, they put together all of their different qualities and characteristics and it was easy to have an enthusiastic and motivated team.

"Through research, we discovered that men have the need to share their emotions but sometimes peer pressure and stereotypes don't allow them to be vulnerable and confident enough about themselves."

After several creative sessions, they came up with the perfect idea that was exciting for everyone and that they decided to carry on – to create a card game that could blend fun and serious topics, so that the players could feel more to open up and participate.

Now, there are 7 people who started BALLS the company, and are working to keep developing. They observe the company, do marketing, attend events and do public speaking to not only promote the card game, but also the concept behind it, "Strangers become family."

The main goal of BALLS the game is to make a difference among their target group – young men between the ages of 22 and 27 – who struggle with feeling vulnerable and expressing their emotions. BALLS encourage men to express their inner feelings, it challenges guys and their friends to open up while having fun, sharing experiences and getting things off their chests.

"We want everyone to feel equal in the right to speak out and be confident in being transparent with others, not being judgmental."

Trends like "Translating emotions" show how, nowadays, people (men and women) want to satisfy their inner selves through communicating emotions in a different way; more honest and concrete with the help of Artificial Intelligence. From this extensive research, they were able to create BALLS with cards.



- **WHY THE NAME BALLS?**
"Because those who play the game have to grow some 'mental balls' to be able to share or do what the game is asking them to do. When showing emotions and being vulnerable, men tend to tell their friends to 'grow some balls', as if being sensitive is a bad thing. But we believe you have the balls when you dare to be yourself and say what you feel no matter what."
- **WHY DID YOU DECIDE TO PROCEED WITH BALLS?**
"Since I was a kid, my dad has taught me that memories make connections, express them with others and make a connection with others. That's the reason I wanted to continue with Balls. Like we say, I have the balls because strangers become family. My fine art is to be organized, good with schedules and planning."
- **WHAT ARE SOME SKILLS YOU BRING TO THE TEAM?**
"I have a magic touch for multitasking, being involved in many different tasks. The motivation for being self-initiative and creating content. I'm skilled and sharp, but always up for babble brew and breakdown on the dance floor."

"IN FUTURE OF BALLS THE COMPANY, I STRIVE THAT EVERYBODY OBTAINS AWARENESS OF THE EMOTIONAL IMPACT."

BALLS the company gives her the opportunity to broaden her network, skills and entrepreneurship. Her goal is to get the card into stores, have more international orders and expand further. To keep inspiring themselves, to strive for the best and much brighter future for Balls the company.

Mallory shares a tip for other students that want to create a business, "just go for it." She says that you have to believe in your idea, that your product works and most importantly to test it, get feedback and keep going further. Explore your product and, "Do not be afraid to take one step at a time, it'll be alright."

She expresses that as a Disney fan she always has this quote with her 'just keep swimming' whatever problem may come, you solve and you will get to there, it may not always be the path you want but you will have the opportunity to keep moving forward.

Because their group of founders come from different countries, they want to be able to create the game in different languages, Papiamento, Spanish, Italian, Vietnamese etc. in the future. Currently, the pack of cards costs €11.99 euro and is available to buy by sending a Direct Message (DM) to their Instagram [@ballsthegame](https://www.instagram.com/ballsthegame).

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**EVERYONE
WILL NOT
KNOW
LEARN
YOUR J**



THING YOU NEED TO YOU WILL THROUGH JOURNEY.

Imagine if you could choose a study program that is out of the ordinary, a study that surprises people, a study you'll have to explain what it is about when asked. Imagine doing a study so rare from where you come from that, one day, you might actually impact future generations. Imagine being able to transition some students' mindset to, 'What can I study abroad and return home and work' to 'What study can I do that I truly enjoy and would love waking up and going to work'. Imagine having all these thoughts and actually succeed by achieving your dreams you first thought were impossible to reach.

All of this sounds amazing but, still, people tend to choose a more predictable path due to future security. What if we all start thinking of reaching the goals we dream of and, in the process of dreaming, building the thought of actually achieving the dream and having future security.

These are the thoughts that stirred through Kimberly Ranes' head, before her move to the Netherlands.

EVERY START HAS ITS OBSTACLES

Kimberly is independent, strong-minded and a driven individual. She moved to the Netherlands in 2012 and is currently in the third year of her study program, Creative Business.

Kimberly's transition to the Netherlands was a smooth one thanks to the help of some friends and family who helped her when moving. She managed to find a school and a place to stay in the meantime until she got a house. Of course, all of this sounds like she got on with a great start. However, she soon found her first obstacle - signing a fake house contract.

After getting a house and signing the contract, Kimberly realized that it was a fake contract,

"I ASKED MYSELF WHAT WOULD MY MOTHER DO IN THIS SITUATION."

Although this was a setback, Kimberly did not give up. She had only been in the Netherlands for a few months and even though she faced this unfortunate circumstance, she still managed to pack her belongings and move out right after moving in the room she signed for. Thankfully, Kimberly got help from some good friends and, luckily, she found a house.

TRY NOT TO BE HASTY

Kimberly successfully got her MBO diploma in Europort Business. After graduating, Kimberly took a gap year to think about her future studies. Back then, Kimberly was dating a DJ, which gave her the opportunity to go to his gigs and this is when Kimberly started seeing her potential in managing people. She really got inspired to find a study which had to do with working in the music and the media industry. This sparked some ideas in her head and seeing she already had the knowledge of how to start a business, she decided to aim for a study in an area she knew she would enjoy working in, in the future. This led her to choose her current study, Creative Business.

Creative business is a very broad program, but, in short, it teaches students about marketing and management of products and coming up with a new creative way to market these new ideas. Kimberly chose Creative Business because it mostly had to do with the media, she got the opportunity to do her internship at a studio in Hilversum. Her tasks consisted of helping with the content creation; running creative campaigns and helping to ensure everything runs smoothly when filming.

"NOT EVERYONE CAN SEE THEIR DREAMS COME TRUE IN THE SAME WAY."

WHERE IT GOES, IS GOING TO BE A MYSTERY.

Kimberly is known to live in the moment but, of course, she thinks about her future. She hopes for, one day, to get the opportunity to bring new media content in Aruba to inspire the younger generation. Besides bringing new media content, she also has the goal to one day be able to manage an artist.

One of the reasons why Kimberly is so motivated to finish her study is that, one day, she aims to make the type of content that people want to see. She is aiming on bringing topics to the table to spark more curiosity in people's mind and for people to voice their opinions a bit more.

An advice for the ones reading this and planning on moving to the Netherlands is, "Try to get out of your comfort zone no matter what the outcome is. Make sure you teach yourself that everything happens for a reason and, if things don't go well, it is not the end of the world if you are still alive."

"HULANDA EITHER MAKES YOU OR BREAKS YOU."

So, reader, student whoever is reading this, if or when you decide to study abroad, be open to the fact that you are going to change and it is going to feel scary but change is good. Don't fight the change, you might want to change studies or you might even dropout and pursue other passions and that is okay. Just make sure you still manage to achieve your goals no matter the circumstances. Chase those dreams you think are impossible because, in reality, they are not if you are devoted on achieving them.

"MAKE THE ANGER OF GETTING REJECTED MAKE YOU WORK HARDER."



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ORITE CARIBBEAN DJ,

MAKING IT GO WITH CARIKANG, ELDWIN KOCK.

Eldwin Kock, known as CariBang, lives in Rotterdam and is in his second year of Electric Engineering at Hogeschool Rotterdam. As impressive as that is, what is also impressive is his achievements as a DJ. The reason he decided to pursue engineering is that he had finished his MBO degree in Electrical Engineering and he wanted to take a step further in that direction.

Eldwin has always had a love for mixing music and has been doing it as a hobby for a couple of years. It all started with the famous DJ Software - Virtual DJ. Since downloading the software, he kept teaching himself by experimenting. Then, his father bought a DJ booth for him and his brother and that motivated them to learn even more. Of course, a substantial amount of credit is also given to YouTube.

In 2019, he had realized that his passion can be turned into something he could share with others. He started by posting weekly songs that he would consider to be bangers and, from there, he would make mixes that he would call 'Club Bangers,' because his preference in music would be Caribbean club music which is in Papiamentu and from other Caribbean artists/DJ's/producers. That is what inspired Eldwin to create the

name CariBang, it's short for 'Caribbean Club Bangers,' catchy isn't it?

His determination started immediately, he made his logo and went to the first print shop he could find to print hundreds of stickers for everyone to see. His go-to music is from club music channels such as Xorks TV, Basshall Movement, and SuriBeats, which are the channels that inspired the creation of CariBang. If he had to pick a few artists they would be, Jeon, Menasa, Ir-Sais, Steve Andreas, Alex Sargo, and Dongo. He has played in different clubs all across the Netherlands, from The Hague to Arnhem, with his favorite club being Villa Thalia in Rotterdam.

As an upcoming artist and student, there are ups and downs that he faced. He makes sure to prioritize his studies above anything else. He would pause his DJ-ing if he has important deadlines coming up. According to Eldwin, there were more positive aspects than negative, given the fact that he had the opportunity to work with different creatives, networks, and be able to have unforgettable experiences. The one negative he could think of, are the ideas/concepts that have not become a reality, YET. But like Eldwin says, "Everything is possible."

Luckily, he has gotten opportunities to DJ due to his friends and party promoters, which has really kept his motivation going. He also engages with his audience a lot on social media, by making sure to post weekly on Instagram, Facebook, and YouTube. For him, the main social media platform is YouTube, find him there and I promise you will not be disappointed! His passion becoming a reality is something he would always want to hold on to. He also appreciates the amount of support from both friends and family, but also from the whole Caribbean community,

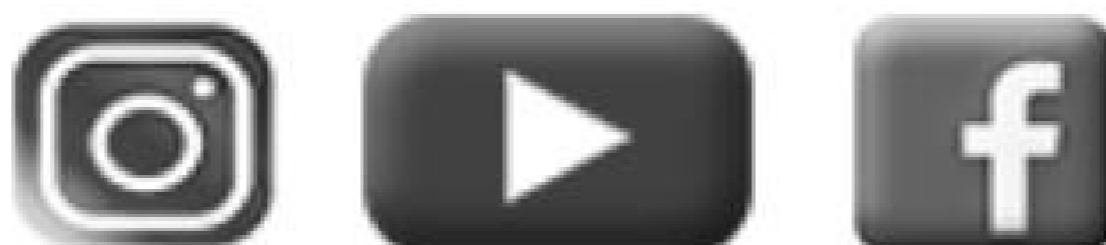
"BECAUSE IF IT WASN'T FOR THE SUPPORT, CARIBANG WOULD NOT HAVE GROWN AS IT IS TODAY."

CariBang has plans for its future with the ultimate goal to become a record label, to allow artists to present and post their own music on the CariBang platform. CariBang is the name, and although Eldwin mixes under that name, it does not mean it is solely for DJ-ing. He wants to make CariBang bigger than himself, "Dream BIG or GO home."

"For all the readers out there, if you want to do something you love, just do it! Go for it! Be the biggest supporter of yourself. Because you have to support yourself for people to support you!"

If he had to choose between being known as Eldwin, or CariBang, he would choose Eldwin because, right now, CariBang is his main project but he promises you, there is a lot more to come,

"I want to say thank you to everyone that helped and supported me and the CariBang Movement. To the ones that helped me with i.e., ideas, equipment, merchandise, gigs, sponsors, promotions, opportunities, connections, social media, and especially to the ones that were with me from day one. I appreciate you all!"



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DECIDING ON A STUDY PROGRAM AFTER HIGH SCHOOL

Deciding on a field of study after high school can be an exhausting process. For some, it's the biggest decision you will ever make in your life. Not only will this decision determine how and where you spend your bachelor's years, but it can also determine how your future will be, the kind of job you'll have and, how satisfied you will be with yourself and your life.

Whether you stay in your country or travel abroad to attend a university, these steps can help you make a better choice when it comes to choosing a study program. Because, let's face it, no one prepares you enough.

Start simple, ask yourself what you genuinely enjoy doing. While it can be hard to know yourself good enough to make a university decision, it's important to self reflect. As the quote says,

"DO WHAT YOU LOVE, AND YOU'LL NEVER WORK A DAY IN YOUR LIFE."

Ask yourself, what am I good in? What do I enjoy? May it be sport, cooking, designing, debating, or even baking - any hobby can be turned into an enjoyable career. Especially if you move abroad. You can always follow your passion, pick a study based on things you love to do or are interested in learning about. Exploring your strengths and weaknesses can help you find a study that best fits you and may even lead to your ideal career.

It's okay if you are still undecided. Once you start your college life, you will find your way and, if the choice you made is not to your liking, you can always change your mind. No, it's NOT considered a failure.



WILL A BACHELOR'S DEGREE SUFFICE, OR WILL YOU NEED TO PURSUE A MASTER OR A PHD AS WELL?

Subject catalogs and tag-along days! While it can be hard to join tag-along days, they give you a lot of insight on the life on campus in general. If you can't, you can order program catalogs or check if there's a .pdf available online. If you decide to reach out to an university and ask for more information, remember to have your questions ready for them as they can better assist you if you are prepared.

WHEN STUCK, LUCKILY THERE ARE FREE ONLINE STUDENT QUIZES THAT HELP YOU OUT.

Do a Google search, and find websites that give you a list of potential career paths, based on the answer you provide to their questions. What's good to keep in mind? You can always change courses, and graduating with one diploma doesn't determine your life forever. Things happen, paths change and everything will be okay.

It's important for you to know and understand that your choice of study does not have to lock you into a specific career forever. Many fields of study now offer a broader range of career options with their degree.

When you don't know what to do, start with the most comfortable. What subjects do you genuinely enjoy in class? What subjects do you always tend to get good grades in? In your free time, what do you do? Sometimes, continuing your natural habit and staying comfortable is your best bet. Perhaps you've always been good in math or economics, simply research and find out which study programs revolve around the subjects you're good in. Then, read more on the course and reflect if you see yourself doing that for as a study years.

If you have a specific career goal in mind, you will need to explore study programs that will give you the best chance to get you into that career. It is better if you also know which degree you will need to help you advance in your career.

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The power of the people.

A HIPPIE IN NEW ZEALAND

All can agree that 2020 has been a weird year. While it's easy to see most negative things regarding the pandemic, one can't deny that 2020 has also brought some positive aspects, especially when it comes to speaking up about abuse and racism.

This cover feature includes Nigel Maduro, who, from a young age, has been an activist. His dream has always been to work for a big activist organization. In 2019, Nigel made his dream come true and started an internship at Greenpeace, in New Zealand.

Recently, on his Twitter, he had the courage, like many others, to open up about being abused. He has also attended #blacklivesmatter protests and decided to open up about his experience and the importance of speaking up in this interview.





"I GET TO BE AN **ECO-WARRIOR AND
A DEFENDER OF THE PLANET."**



The chance to get away from everyone is a beautiful experience for students. Nigel Maduro, 24, is a senior of International Human and Resource Management at Saxion University in Enschede. In August 2019, he took this opportunity to do something he is passionate about. He decided to take a risk, move to New Zealand and is currently doing his internship at Greenpeace.

"THE NATURE HERE IS OUT OF THIS WORLD, IT IS UNTOUCHED! IF I COULD DESCRIBE IT, IT IS MAGICAL – ONE OF A KIND"

According to him, New Zealand is a beautiful country that is so far from everything and it was ideal for him! This was the opportunity for him to be alone and push himself for more development and growth. Leaving the Netherlands was a big step for him to turn into an international activist and a professional. Also, he wanted to represent his island because not many people in New Zealand know where Aruba is located - he needed to show his co-workers on the map where it was.

"Luckily, in the first hostel where I was staying, I ran into an Aruban that I still talk to 'till this day."

Before leaving the Netherlands, he was mentally prepared and happy with the position he got at Greenpeace. Yet, he was not financially stable and did not have a place. In his mind, he didn't have a clear direction, but he knew what the end point was.

From a young age, he was an environmentalist and to be able to work at the biggest international environment organization was his dream. So, he decided to buy his ticket and see what happens. When he got there he had to stay at hostels until he got a house with three lovely flatmates.

• **WHAT MADE YOU WANT TO JOIN GREENPEACE?**

"I get the be an eco-warrior and a defender of the planet. Every action that Greenpeace takes is to defend the world and now I can become a peaceful rebel by joining them. Also, I want to take all the experience that I am gaining to Aruba where I can help to protect our lands and beaches."

• **HOW WOULD YOU DESCRIBE GREENPEACE?**

"Different people from different backgrounds coming together for a single cause to help the planet. We are a bunch of very kind hippies who give their time and energy to the cause. It is a home where I can stand for what is right and follow my passion"

• **Did you face any cultural differences?**

"The people here are very open and welcoming. However, I needed to get used to the slang words. There was a time when I did a favor for my co-worker and she said, 'sweet as.' At that moment I was shocked, but she explained to me that 'sweet as' means 'nice'. Another thing is the seasonal changes, in December I could be laying on the beach. Also, I am scared of driving here because they drive on the left side of the road."

Working at Greenpeace can be very chaotic and stressful, but he thinks that it is all worth it. At Greenpeace, they get emotionally, spiritually and physically involved with the work that they do. When the fire in Australia spread, they took action and went to the Australian embassy to protest.

Nigel noticed that he was becoming an activist during a climate protest. He needed to walk with children and give people posters and megaphones. Nigel expressed that it became more real when he was in a 5-day protest an oil company, where he locked hands with indigenous people and activists in the cold rain - while also jeopardizing his visa - avoiding the workers to enter the building, *"We are allowed to be an eco-warrior, to be part of a group for the greater, treat everyone equally and give them the equality they deserve."*



His method to execute his job in Greenpeace is to look through an diversity and inclusion lens. He works in the people and culture department, where he works on recruitment, the occupational well-being and the safety of the workers. To be more specific, he makes sure people are physically and mentally well during an action. One of his responsibilities is to make the workplace more diverse and he is trying to do that by recruiting people from different backgrounds.

The murder of George Floyd caused the community to leave their homes and start protesting again. It was May 2020, when, during a Pandemic, the world decided to fight against injustice and police brutality, and remind everyone that #blacklivesmatter. When this occurred, Nigel felt,

"Very upset and frustrated. I had enough of black people being treated differently and/or murdered just because of the color of their skin."

Nigel, too, decided to leave his house and join BLM protests in Auckland. Nigel explains that they were not only standing in solidarity for what happened with George Floyd and other victims of racism in the U.S., but they were also fighting for the BIPOC (Black, Indigenous, People of Color) in New Zealand, especially for the black people and indigenous Māori people that are being discriminated and demanding justice.

In addition to joining the protests, Nigel also signed petitions, painted banners and posters and decided to educate himself and share knowledge with others regarding racism and black lives, *"There are multiple ways you can get involved and I urge everyone to do so if we want to make actual change."*

"PEOPLE'S LIVES SHOULD NOT BE A TREND. DON'T STOP UNTIL CHANGE HAPPENS."





"Keep talking about it! People's lives should not be a trend. Don't stop until change happens. Continue fighting for what is needed for a better future."

Nigel stresses that we cannot stop once the 'trend' is over. That this behavior is something that should continue for proper change to occur. He challenges people to campaign and take part for these movements and keep the momentum going. Engage in communities and continue to spread information and resources. Most importantly, create unity and people power to hold governments accountable.

With the Jeffrey Epstein Netflix documentary and Justin Bieber's 'Yummy' song, victims have had more courage than ever to come forward and speak up about being abused. This gave Nigel more courage than ever,

"I was fed up with holding this pain inside and I finally felt ready and brave enough to open up about it."

While it took Nigel years to open up publicly about his past abuse, he has attended protests about this before. It was in March 2017 in Amsterdam, where Nigel attended his first #MeToo movement, *"It was a protest about sexual abuse and inequality towards women. This was my first ever big protest that I went to and it inspired me to become an activist."*

Nigel believes it's important to speak up because it can help other victims feel brave enough to open up. He believes it can also challenge the victim's sense of being isolated and helpless; opening up can make you feel empowered and not scared anymore, *"It's an important part of your healing process,"* he adds.

- **WHAT DO YOU THINK ARUBA SHOULD IMPROVE REGARDING ABUSE ON THE ISLAND?**

"Better funding towards (sexual) abuse centers, minimum sentence/life sentence, proper education and action towards these cases, public pedophile/abuse registry, training for police on how to handle these situations when first reported, funding for therapy sessions, and the list goes on and on. In fact, change the entire system."

- **DOES YOUR PAST ABUSE AFFECT YOUR DAILY LIFE? IF SO, HOW?**

"Yes, definitely. Emotionally, mentally, physically and in any way possible. It made me go through some very dark moments of my life. I was also diagnosed with post-traumatic stress disorder and had to go to a crisis center and therapy every week. I went through many years haunted with this feeling of being dehumanized in such a way. Despite those lost years, I am currently in the path to healing and growing."



"LIFE GOES ON IN OTHER PLACES, BUT YOU HAVE TO FOCUS ON YOURSELF."

The hardest thing that he needed to face while being abroad is that other people's lives go on. One of his best friends just started his first year of college while the other one is nearly graduating. If he has a case of emergency he cannot call his friends right away due to the timezone differences. The most painful news that he received while being abroad was that her foster mother passed away. He could not go to Aruba because the tickets were expensive. If he went, it would have been very emotionally and physically consuming for him. This experience makes someone see life with another perspective.

To have a more positive impact on the environment, people could start by using less water when shampooing, reducing meat by eating vegan meals twice a week and reducing, reusing and recycling. Vegan meals are delicious if you season it and put love into it. Nigel states that he thinks Arubans should start using reusable straws and bottles to protect the land of Aruba, not throwing trash at the beaches and building unnecessary hotels, *"Start by bringing awareness to the people and putting pressure on the government to hold them accountable of what they are doing to our beautiful island."*

"STAND UP FOR YOUR WHO YOU ARE. BE KIND AND BE A HIPPIE – BE NOBODY ELSE IS GOING IS ALL ABOUT PEACE, EMPATHY."





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GREAT EXPECTATIONS

AND HOW TO MANAGE THEM.

Consciously, or sometimes even unconsciously, we set expectations for ourselves and others frequently. Setting expectations can be helpful but it can also be harmful.

We set expectations and get emotionally attached to these expectations, they motivate us and give us direction in life. However, once expectations start influencing your thoughts too much, or when we deviate from our path, it can negatively impact our well-being. Our expectations, unfortunately, are often unrealistic, which causes us to look negatively at ourselves, making it essential to manage our expectations well.

Here's how to manage expectations and not let them rule your life.

BE MINDFUL OF THE EXPECTATIONS YOU ARE SETTING.

Be reasonable in the expectations you set. Think things through to the end, including the details, and ensure to communicate clearly so everyone is on the same line. Being mindful at the beginning allows you to be calmer through out the process of reaching your goal and will increase.

ADAPT TO THE UNEXPECTED.

When something unexpected happens, take a pause before you react. Don't just turn into a new direction without clarifying to everyone involved that the original expectation might no longer be met and has changed. By taking a pause and analyzing the situation before reacting you are giving yourself space to solve the problem and adjust expectations calmly to ensure success.

Another way that will help you navigate changing expectations is to ensure that you have a back up plan at the beginning, in case things change along the way.

DON'T JUDGE YOURSELF TOO HARSHLY.

Personal expectations can make your day to day a struggle. Often, we will criticize ourselves very harshly when we do not meet our personal expectations. We end up feeling like we have failed ourselves and are disappointed in our actions. However, changing our perspective and seeing yourself as an adventurer in life, rather than someone with a strict path to follow, can help lessen the feelings of disappointment. Whether you succeed or fail, it's important that you can see each moment as an opportunity to learn as you walk through life.

COMMUNICATE YOUR EXPECTATIONS.

Expectations are vital in any relationship whether it is a friend, a family member or a romantic interest and they also have expectations for us. For these relationships to be successful, we need to communicate honestly. By calmly and constructively communicating our expectations and desires to each other, we can avoid the often unrealistic beliefs we have about what we can do for one another.

Managing expectation is a learned habit that can be challenging. It also takes time to change your mind-set. However, having the skill to understand and adapt can help you pursue your goals without feeling disappointed when the route to reaching your goal must change. Keep in mind that

THE LESS YOU ASK OR DEMAND OF YOURSELF AND OTHERS THE HAPPIER EVERYONE WILL BE.

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THE FULFILLMENT OF MAKING LAST- MINUTE DECISIONS

If you knew her, you would wonder the exact same thing. Julienne Oduber, to say the least, someone that decides where she'll live next in a blink of an eye. She is the most spontaneous person when it comes to moving to different countries and starting new beginnings.

After her high school graduation, she did something most people might not have the guts to do or they would dream of doing. Quite out of the ordinary, she decided to enroll in a university across the world, booked her ticket, packed her bags, and moved to live a year in Beijing, China.

Why specifically China? *"The global shift has already started and I want to be a part of it."* She knew that she wanted something completely different from the island life of Aruba. From a small island, she left to one of the big-

gest cities in the world. She studied Chinese 6 hours a day everyday at Beijing Language and Culture University. She admits that she isn't as fluent as a native but, truth is, who would be? Mandarin is dif-fi-cult. She moved half across the world to learn a completely new language, meet the love of her life and make international friends she cherishes for life. The highlight of that year abroad was encountering her Norwegian boyfriend, Even.

They met at a bar in Beijing, China. Even was drunk and made a move on Julienne. Coincidentally, the next day, they got put in the same class and, from there on, it was a love story waiting to happen.

A year later, she decided to go to Europe and start her life in the Netherlands, starting with her BA program. Well, actually, her mother and father wanted her back to the western

side of the world, at least. She lasted, approximately, two months until it hit her – she is not in the country that makes her actually content. Before you jump to conclusions and assume that she's back in Asia or Aruba. Instead, think of something that, once again, most people might not have the guts to do. She moved to Bergen, Norway to be with her one and only, Even.

However, it was not a walk in the park, the amount of stress surrounding this major decision was outstanding. Having to sell all the furniture, to ending housing contracts, de-registering and you name it. Although, due to her supportive boyfriend, it had become much easier to move to a country she had only vacationed for a weekend. He helped her settle down in Norway, with him of course.

Months passed by and bam! She is currently now engaged and together they started a new life with a home of their own. She managed to pass her B2 level language exam in Norwegian, so a 6th language can be written in her book. The next step is to start her bachelor's degree in Norway.



"The last two years have been a crazy rollercoaster, making stories I can tell my kids about. If there is anything my 19-year-old self can tell you it's this – do not settle on one place, job or study. There is so much out there, go explore and find how happy you could truly be."

Are you also one to take such big chances?

#INTHEWORDSOFTHE

WHAT LEAVING MY ISLAND TAUGHT ME.

by: *Justin Mohamed*

There are a few things that feed the soul as much as experiencing the world through travel. Yet, traveling only allows you to skim the surface of other cultures. Thanks to the University of Aruba and the Erasmus Plus exchange program, I had the opportunity to live and immerse myself in the culture of Sweden – a country vastly different than my beloved home, Aruba.

In August 2019, I began a five-month journey to Borlange, Sweden that taught me much more than I could have ever learned in a classroom alone. Of course, Academia is the most important part of the Erasmus exchange program, but my experiences abroad taught me so much more than just the curriculum.

I was lucky enough to live with a Swedish family (if you have the opportunity, I highly recommend you do the same). My host family took care of me, helped me get situated, and treated me as if I were one of their own - there is no other way I would have preferred to experience my exchange.

During my time in Sweden, I decided to engross myself in the local culture as much as possible. One of the things that helped me adjust the most was learning basic Swedish. Speaking the local language is a great way to gain perspective for a culture's mindset and helped me develop a deeper understanding of the local point of view.

Attending school in Sweden was an amazing experience. I got to experience a different school, different types of students, and a very different way of learning compared to my prior educational experiences at UA.

Studying abroad with the Erasmus program was an incredible experience that broadened my horizons and gave me a deeper understanding of the world. I'm so grateful for UA and their Erasmus partner, the University Hogskolan Dalarna in Sweden for an unforgettable experience abroad.

I would like to thank the Gottberg Family in particular for housing us. So, what are you waiting for? Seek information and send the office international affairs an email (uia@ua.aw).





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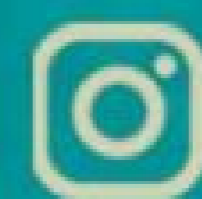
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#GETTOKNOW:

GENESIS

Muñoz Fajardo.

Date of birth: 29 May 1998 • Living in: The Hague, the Netherlands
Study: International European Law
College/University: The Hague University of applied sciences



1. HOW DO YOU DESCRIBE YOURSELF?

"I would describe myself as a positive, social and jolly person."

2. ARE YOU USUALLY EARLY OR LATE?

"I am always late, being early is not in my agenda! Not even when I came to live in the Netherlands, I am still late. Even in High School, I lived 5 minutes away and was still late."

3. WHAT WOULD YOU SING AT A KARAOKE?

"Cardi B, Nicki Minaj, Maroon 5 and Aventura. Honestly, I could sing anything. I even had a phase where I listened to soft rock. As we would say in Papiamentu, 'Canta malo, pasa bon!'"

4. WHAT MOVIE TITLE BEST DESCRIBES YOUR LIFE?

"The beginning of everything, because my name is Génesis and it means the start of the whole world."

5. HAVE YOU EVER HAD A NICKNAME?

"When I was in Kiwanis Club of Aruba, they called me 'Pooky' because they thought I looked like a pug!"

6. WHAT IS YOUR SPIRITUAL ANIMAL?

"I would be a turtle, because they are smart and live longer! I consider myself organized, smart, love the beach and I hope to live longer. Also, when you touch a turtle they tend to swim away and I am like this when I meet new people; I do not usually trust people fast."

#GETTOKNOW:

ROMARIO

Goeloe

Date of birth: 15 February 1998 • Living in: Haarlem, the Netherlands

Study: Aviation Operations

College/University: Amsterdam University of Applied Sciences



1. HOW DO YOU DESCRIBE YOURSELF?

"I can start by saying that I am an intelligent, very funny and empathetic person."

2. HAVE YOU EVER HAD A NICKNAME? WHAT IS IT?

"When I was younger, they called me Roro. Growing up until now, they call me Roman. I gave myself the name Roman, because I thought I could put all the craziness and the weirdness into a character, so when I go out I can be all crazy."

3. WHAT IS YOUR SPIRITUAL ANIMAL?

"The Aruban Shoco. I think I am obsessed with them because they are quite beautiful, unique and there are not many of them left."

4. WHAT WOULD YOU SING AT KARA OKE NIGHT?

"I do not do karaoke! However, if I needed to I would probably sing Super Bass by Nicki Minaj!"

5. ARE YOU USUALLY EARLY OR LATE?

"I am super early and that has to do with the fact that my family has Bonerian roots. A lot of people say that people from Bonaire are always early and I am proof of that. Also, I put my clock 5 to 10 minutes before the actual time. If at any time I was late, I was completely wrong."

6. WHAT MOVIE TITLE BEST DESCRIBES YOUR LIFE?

"What is going on. It needs to be a comedy movie and it would be about someone trying to understand themselves in a society that wants to put everything in a box."

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